WHAT IS CLAIMED IS:

1. A pharmaceutical composition comprising:

between about 0.5 mg and about 2 mg trandolapril or a therapeutic derivative thereof;

verapamil or a therapeutic derivative thereof;

hydrochlorothiazide or a therapeutic derivative thereof; and

one or more pharmaceutically suitable carriers or excipients.

2. The composition of claim 1, wherein the composition comprises about 2 mg trandolapril or a therapeutic derivative thereof.

3. The composition of claim 1, wherein the composition comprises about 1 mg trandolapril or a therapeutic derivative thereof.

4. The composition of claim 1, wherein the composition comprises between about 40 mg and about 360 mg verapamil or a therapeutic derivative thereof.

5. The composition of claim 4, wherein the composition comprises between about 180 mg and about 240 mg verapamil or a therapeutic derivative thereof.

6. The composition of claim 5, wherein the composition comprises about 240 mg verapamil or a therapeutic derivative thereof.

7. The composition of claim 5, wherein the composition comprises about 180 mg verapamil or a therapeutic derivative thereof.

8. The composition of claim 1, wherein the composition comprises between about 6.25 mg and about 100 mg hydrochlorothiazide or a therapeutic derivative thereof.

9. The composition of claim 8, wherein the composition comprises between about 6.25 mg and about 25 mg hydrochlorothiazide or a therapeutic derivative thereof.

10. The composition of claim 1, wherein the composition comprises:

about 0.5, 1, or 2 mg trandolapril or a therapeutic derivative thereof;

about 40, 80, 100, 120, 180, 200, 220, 240, 300, or 360 mg verapamil or a therapeutic derivative thereof; and

about 6.25, 12.5, 25, 50, 75, or 100 mg hydrochlorothiazide or a therapeutic derivative thereof.

11. The composition of claim 10, wherein the composition comprises about 2 mg trandolapril or a therapeutic derivative thereof.

12. The composition of claim 10, wherein the composition comprises about 1 mg trandolapril or a therapeutic derivative thereof.

13. The composition of claim 10, wherein the composition comprises about 240 mg verapamil or a therapeutic derivative thereof.

14. The composition of claim 10, wherein the composition comprises about 180 mg verapamil or a therapeutic derivative thereof.

15. The composition of claim 10, wherein the composition comprises about 6.25, 12.5, or 25 mg hydrochlorothiazide or a therapeutic derivative thereof.

16. The composition of claim 10, wherein the composition comprises:

about 2 mg trandolapril or a therapeutic derivative thereof; and

about 240 mg verapamil or a therapeutic derivative thereof.

17. The composition of claim 16, wherein the composition comprises about 6.25, 12.5, or 25 mg hydrochlorothiazide or a therapeutic derivative thereof.

18. The composition of claim 10, wherein the composition comprises:

about 2 mg trandolapril or a therapeutic derivative thereof; and

about 180 mg verapamil or a therapeutic derivative thereof.

19. The composition of claim 18, wherein the composition comprises about 6.25, 12.5, or 25 mg hydrochlorothiazide or a therapeutic derivative thereof.

20. The composition of claim 1, wherein verapamil, trandolapril, and hydrochlorothiazide or their therapeutic derivatives are present as active ingredients for treating hypertension.

21. The composition of claim 20, further comprising a matrix formulated for controlled release of one or more of the active ingredients after the composition is administered to a patient.

22. The composition of claim 21, wherein one or more of the active ingredients provide effective blood pressure control for about 24-30 hours when administered to a patient.

23. The composition of claim 22, wherein the composition releases effective amounts of one or more of the active ingredients for about 24-30 hours to achieve a systolic blood pressure of no more than about 150-140 mm Hg and a diastolic blood pressure of no more than about 90 mm Hg in the patient.

24. The composition of claim 22, wherein the composition releases effective amounts of one or more of the active ingredients to achieve a decrease in systolic blood pressure and diastolic blood pressure of at least about 10% in the patient relative to baseline measurements.

25. The composition of claim 21, wherein the composition provides effective blood pressure control for about 1 to 30 days when administered to a patient.

26. The composition of claim 25, wherein the composition provides effective blood pressure control for about 7 days when administered to a patient.

27. The composition of claim 1, wherein the composition is formulated for oral, topical, transdermal, subcutaneous, parenteral, or pulmonary administration.

28. The composition of claim 27, wherein the composition is formulated for oral, transdermal, or parenteral administration.

29. The composition of claim 1, wherein the composition is formulated as one or more tablets, capsules, granules, powders, liquids, suspensions, or emulsions.

30. A pharmaceutical composition for treating hypertension, comprising one or more pharmaceutically suitable carriers or excipients and active ingredients including:

trandolapril or a therapeutic derivative thereof, present in an amount between about 0.5 mg and about 2 mg;

verapamil or a therapeutic derivative thereof; and

hydrochlorothiazide or a therapeutic derivative thereof;

wherein one or more of the active ingredients are present in an amount to achieve effective blood pressure control in a patient to which the composition is administered.

31. The composition of claim 30, wherein the composition comprises about 2 mg trandolapril or a therapeutic derivative thereof.

32. The composition of claim 30, wherein the composition comprises about 1 mg trandolapril or a therapeutic derivative thereof.

33. The composition of claim 30, wherein verapamil or a therapeutic derivative thereof is present in an amount between about 40 mg and about 360 mg.

34. The composition of claim 33, wherein verapamil or a therapeutic derivative thereof is present in an amount between about 180 mg and about 240 mg.

35. The composition of claim 34, wherein the composition comprises about 240 mg verapamil.

36. The composition of claim 35, wherein the composition comprises about 180 mg verapamil.

37. The composition of claim 30, wherein one or more of the active ingredients are present in an amount to achieve a systolic blood pressure of no more than about 150-140 mm Hg and a diastolic blood pressure of no more than about 90 mm Hg in a patient to which the composition is administered.

38. The composition of claim 30, wherein one or more of the active ingredients are present in an amount to achieve a systolic blood pressure of no more than about 135 mm Hg and a diastolic blood pressure of no more than about 85 mm Hg in a patient to which the composition is administered.

39. The composition of claim 30, wherein one or more of the active ingredients are present in an amount to achieve a systolic blood pressure of no more than about 130 mm Hg and a diastolic blood pressure of no more than about 80 mm Hg in a patient to which the composition is administered.

40. The composition of claim 30, wherein one or more of the active ingredients are present in an amount to achieve a decrease in systolic blood pressure and diastolic blood pressure of at least about 10% relative to baseline measurements in a patient to which the composition is administered.

41. The composition of claim 30, wherein the patient has coronary artery disease.

42. The composition of claim 30, wherein the patient has renal disease.

43. The composition of claim 30, wherein the patient has diabetes or is at risk for acquiring diabetes.

44. The composition of claim 30, wherein the patient is about 60 years of age or older.

45. The composition of claim 44, wherein the patient is about 70 years of age or older.

46. A method for treating hypertension in a patient with coronary artery disease comprising administering a composition which includes one or more pharmaceutically suitable carriers or excipients and active ingredients including:

an angiotensin-converting-enzyme inhibitor;

a calcium channel blocker; and

a diuretic;

wherein one or more of the active ingredients are present in an effective amount to treat hypertension and the method achieves and maintains effective blood pressure control in the patient.

47. The method of claim 46, wherein the method achieves and maintains a systolic blood pressure of no more than about 150-140 mm Hg and a diastolic blood pressure of no more than about 90 mm Hg in the patient.

48. The method of claim 47, wherein the method achieves and maintains a systolic blood pressure of no more than about 135 mm Hg and a diastolic blood pressure of no more than about 85 mm Hg in the patient.

49. The method of claim 48, wherein the method achieves and maintains a systolic blood pressure of no more than about 130 mm Hg and a diastolic blood pressure of no more than about 80 mm Hg in the patient.

50. The method of claim 46, wherein the method achieves and maintains a decrease in systolic blood pressure and diastolic blood pressure of at least about 10% relative to baseline measurements in the patient.

51. The method of claim 46, wherein the angiotensin-converting-enzyme inhibitor is trandolapril or a therapeutic derivative thereof, the calcium channel blocker is verapamil or a therapeutic derivative thereof, and the diuretic is hydrochlorothiazide or a therapeutic derivative thereof.

52. The method of claim 51, wherein the composition comprises between about 0.5 and about 2 mg trandolapril.

53. The method of claim 52, wherein the composition comprises about 2 mg trandolapril.

54. The method of claim 52, wherein the composition comprises about 1 mg trandolapril.

55. The method of claim 52, wherein the composition comprises between about 40 mg and about 360 mg of verapamil; and between about 6.25 mg and about 100 mg of hydrochlorothiazide.

56. The method of claim 55, wherein the composition comprises about 240 mg of verapamil.

57. The method of claim 55, wherein the composition comprises about 180 mg of verapamil.

58. The method of claim 46, wherein the patient has diabetes.

59. The method of claim 46, wherein the patient has renal disease.

60. The method of claim 46, wherein the patient is about 60 years of age or older.

61. The method of claim 60, wherein the patient is about 70 years of age or older.

62. A method for decreasing mortality in a patient with coronary artery disease comprising administering a composition which comprises one or more pharmaceutically suitable carriers or excipients and active ingredients including:

an angiotensin-converting-enzyme inhibitor;

a calcium channel blocker; and

a diuretic;

wherein one or more of the active ingredients are present in an effective amount to treat hypertension and the method achieves and maintains effective blood pressure control in the patient.

63. A method for decreasing the likelihood of a heart attack and/or a myocardial infarction in a patient with coronary artery disease comprising administering a composition which comprises one or more pharmaceutically suitable carriers or excipients and active ingredients including:

an angiotensin-converting-enzyme inhibitor;

a calcium channel blocker; and

a diuretic;

wherein one or more of the active ingredients are present in an effective amount to treat hypertension and the method achieves and maintains effective blood pressure control in the patient.

64. A method of decreasing the likelihood of a stroke in a patient with coronary artery disease comprising administering a composition which comprises one or more pharmaceutically suitable carriers or excipients and active ingredients including:

an angiotensin-converting-enzyme inhibitor;

a calcium channel blocker; and

a diuretic;

wherein one or more of the active ingredients are present in an effective amount to treat hypertension and the method achieves and maintains effective blood pressure control in the patient.

65. A method of decreasing the likelihood of acquiring diabetes or delaying the onset of diabetes in a patient with coronary artery disease comprising administering a composition which comprises one or more pharmaceutically suitable carriers or excipients and active ingredients including:

an angiotensin-converting-enzyme inhibitor;

a calcium channel blocker; and

a diuretic;

wherein one or more of the active ingredients are present in an effective amount to treat hypertension and the method achieves and maintains effective blood pressure control in the patient.

66. A kit for treating hypertension in a patient with coronary artery disease comprising: (a) one or more dosage units, wherein a dosage unit comprises one or more pharmaceutically acceptable excipients and active ingredients including an angiotensin-converting-enzyme inhibitor, a calcium antagonist, and a diuretic; and one or more of the active ingredients are present in an effective amount to treat hypertension, and (b) instructions for using the kit to treat, prevent, and/or ameliorate hypertension by achieving and maintaining effective blood pressure control in the patient.

67. The kit of claim 66, wherein the kit is used to achieve and maintain a systolic blood pressure of no more than about 150-140 mm Hg and a diastolic blood pressure of no more than about 90 mm Hg in the patient.

68. The kit of claim 66, wherein the kit is used to achieve and maintain a decrease in systolic blood pressure and diastolic blood pressure of at least about 10% relative to baseline measurements in the patient.

69. The kit of claim 66, wherein the angiotensin-converting-enzyme inhibitor is trandolapril or a therapeutic derivative thereof; the calcium antagonist is verapamil or a therapeutic derivative thereof; and the diuretic is hydrochlorothiazide or a therapeutic derivative thereof.

70. The kit of claim 69, wherein the dosage unit comprises between about 0.5 mg and about 2 mg trandolapril.

71. The kit of claim 70, wherein the dosage unit comprises about 2 mg trandolapril.

72. The kit of claim 70, wherein the dosage unit comprises about 1 mg trandolapril.

73. The kit of claim 70, wherein the dosage unit comprises between about 40 mg and about 360 mg verapamil; and between about 6.25 mg and about 100 mg hydrochlorothiazide.

74. The kit of claim 73, wherein the dosage unit comprises about 240 mg verapamil.

75. The kit of claim 73, wherein the dosage unit comprises about 180 mg verapamil.

76. The kit of claim 66, wherein the kit comprises up to about 35 dosage units.

77. The kit of claim 66, further comprising instructions for using the kit to treat coronary artery disease, to decrease mortality, to decrease the likelihood of a heart attack and/or myocardial infarction, to decrease the likelihood of acquiring diabetes, and/or to decrease the likelihood of a stroke.

78. A kit for treating hypertension in a patient with coronary artery disease comprising:

(a) active ingredients formulated as:

(i) one or more dosage units comprising an angiotensin-converting-enzyme inhibitor and one or more pharmaceutically suitable carriers or excipients;

(ii) one or more dosage units comprising a calcium antagonist and one or more pharmaceutically suitable carriers or excipients; and

(iii) one or more dosage units comprising a diuretic and one or more pharmaceutically suitable carriers or excipients;

wherein one or more of the dosage units comprise the active ingredient in an effective amount to treat hypertension in the patient; and

(b) instructions for using the kit to treat, prevent, and/or ameliorate hypertension by achieving and maintaining effective blood pressure control in the patient.

79. The kit of claim 78, wherein the kit is used to achieve and maintain a systolic blood pressure of no more than about 150-140 mm Hg and a diastolic blood pressure of no more than about 90 mm Hg in the patient.

80. The kit of claim 78, wherein the kit is used to achieve and maintain a decrease in systolic blood pressure and diastolic blood pressure of at least about 10% relative to baseline measurements in the patient.

81. The kit of claim 78, wherein the angiotensin-converting-enzyme inhibitor is trandolapril or a therapeutic derivative thereof; the calcium antagonist is verapamil or a therapeutic derivative thereof; and the diuretic is hydrochlorothiazide or a therapeutic derivative thereof.

82. The kit of claim 81, wherein the trandolapril dosage unit comprises between about 0.5 mg and about 2 mg trandolapril.

83. The kit of claim 82, wherein the trandolapril dosage unit comprises about 2 mg trandolapril.

84. The kit of claim 83, wherein the trandolapril dosage unit comprises about 1 mg trandolapril.

85. The kit of claim 82, wherein the verapamil dosage unit comprises between about 40 mg and about 360 mg verapamil; and the hydrochlorothiazide dosage unit comprises between about 6.25 mg and about 100 mg hydrochlorothiazide.

86. The kit of claim 85, wherein the verapamil dosage unit comprises about 240 mg verapamil.

87. The kit of claim 85, wherein the verapamil dosage unit comprises about 180 mg verapamil.

88. The kit of claim 78, further comprising instructions for using the kit to treat coronary artery disease, to decrease mortality, to decrease the likelihood of a heart attack and/or myocardial infarction, to decrease the likelihood of acquiring diabetes, and/or to decrease the likelihood of a stroke.